



**UNIVERSITY OF THE THIRD AGE
QUARTERLY NEWSLETTER: July 2018**

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U3A FORUM

This was held at Pinelands Library on Wednesday 23 May 2018. Invitations were sent out to delegates from neighbouring U3As. It was a really good time for neighbouring U3A area group leaders to come together for sharing information and encouragement, and was a joyful time of connection. It was a privilege for Cape Town to have hosted the annual event this year.

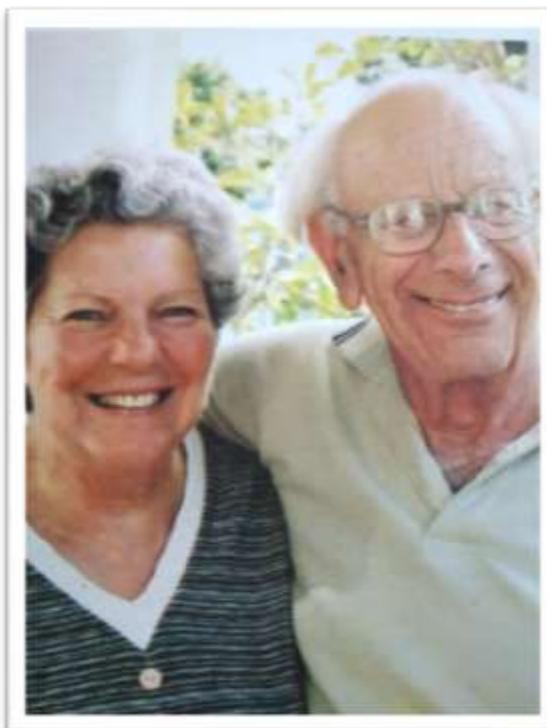
BAXTER MEMBERSHIP

We appeal to some people who have not paid for previous years' subscriptions, as well as for 2018. Please could you check this at the desk of the next Baxter meeting and settle your membership fees, should any be outstanding. U3A relies on members paying on time. Accompanying this newsletter, you will find a renewal form. If you are up-to-date, please don't take it amiss; if you aren't, please use the renewal form. Time goes so fast at our age and it's easy to miss an annual payment!

FORTHCOMING U3A CAPE TOWN GENERAL MEETINGS

CapeTown Baxter: Thursday 26 July 2018.
10h00 for 10h30. Speaker: Eve Dunnell
(Historian). "The 1918 peace that led to war"

CapeTown Baxter: Thursday 30 August 2018: Iraj
Abedian (Economist / Ba'hai Leader). Topic:
TBA



Rosalie Bloch and Aubrey Jackson were tragically murdered in early May. Rosalie was a founder member and a stalwart supporter of U3A. They are much missed and their tragic death is mourned. Their lives are remembered and celebrated.

ASSISTANCE WITH THE FILM STUDY GROUP AT SASNEV IN PINELANDS

This is needed on the 2nd and 4th Monday
afternoons at 14h00.

We are looking for technical help operating the
DVDs for us – there is a built-in machine and
screen arrangement at the venue which works
very well – just a question of somebody to
commit to attending, and then starting the films.
Please step forward, a super somebody – please
speak to Kath Green, Co-ordinator, 021 531
2650.

NEW COURSES

1. 'Let's talk dementia' with Gayl Hansen at Meadowridge Library on every 3rd Thursday at 10h30.
2. 'isiXhosa' with Jen Pennink at Highlands House, Vredehoek, every Monday 13h00.

RECENT MEETINGS AT THE BAXTER

26 April 2018: David Klatzow: *The Defence against the Dark Arts*

We were privileged to be addressed by Dr David Klatzow, the internationally recognised forensic scientist, an expert in the field of pyroforensics (e.g., 2017 Knysna fires), an authority on blood alcohol, author of the books *Justice Denied* and *Steeped in Blood*. He described some of his high-profile criminal work from the Gugulethu Seven to the Ashley Kriel case, to insurance work, explaining the importance of empirical data and scientific methodology.

Due to his fine work and disparaging remarks about contaminated and careless police work, Dr Klatzow's 'friends may go, but his enemies accumulate'.

What a stimulating address!

25 June 2018: Theo Shippey: *USA: Friend or Foe?*

Dr Theo Shippey's full talk is on the U3A website. It is full of wonderful quotes. Conclusion: It is safer to be a friend of a powerful nation than a foe!

31 May 2018: Anna Stoddard (Cultural Historian): *Deeper into the woods with the Erlkonig*

Anna Stoddard is a music teacher and freelance lecturer. She plays the harpsichord and is fascinated by all that is Baroque.

Anna's Baroque Bon Bons (on Fine Music Radio 101.3 FM), delves into the tales of the musicians, patrons, composers and instruments of the Baroque period. Each Bon Bon is accompanied by a piece of Baroque music which ties in with the story.

This entrancing presentation, Schubert's music based on Goethe's poetry, transported us all back to our childhood fears, fantasies, fairytales and spirit world. The following letter says it all!

Dear John & Sherlayne

I would like to thank U3A for the quite outstanding talk at the Baxter last Thursday by Anna Stoddard about Schubert's Erlkoenig Lied. It was superbly presented, wonderfully illustrated and, as a retired music teacher (piano), left me on a complete 'high'. If this talk is presented again, please do let me know. If possible, do convey my admiration to Anna Stoddard.

Regards
Angela Pinder

ANNUAL GENERAL MEETING U3A, 28 JUNE 2018



Photo: Eve Dunnell (outgoing chairman), Jeanie Hareb (new chairman), Sylvia Schrire (founder of Cape Town U3A) and Theo Shippey (speaker at meeting). Photo: Wouter van Warmelo.

The AGM of the **University of the Third Age Cape Town** was held at the Baxter on 28 June 2018, before Dr Shippey's address.

CURRENT COMMITTEE MEMBERS

Jeanie Hareb (Chairman)
Eve Dunnell (Vice-Chairman)
Paul Faure
Avril Galp
David Gamsu
Eddie Landsberg
Allen Lang
Angeline Lumgair
John McFarlane
Sherlayne McFarlane
Jenny Mostert
Derick Rule
Sylvia Schrire
Leonard Suransky was co-opted onto the committee (leosur@gmail.com).

Anyone interested or prepared to join the Committee will be most welcome and should speak to any of the Committee members.

U3A TOUR TO THE CRADLE OF MANKIND AND MAPUNGUBWE – HEATHER HOWELL

On 2 May this year, a group of Cape U3A members gathered at the airport to start this five-day trip organised by Doug Gardner and advertised on our network.

What an amazing amount we covered in so short a time! We flew to Lanseria Airport which is in easy reach of the 47 000 hectare World Heritage Site of the Cradle of Humankind where 16 caves have been excavated to contribute hugely to the anthropological knowledge of the origins of our species. The most recent of these excavations was in a chamber, found in 2013, of the Rising Star Cave, with such a small entrance that only the smallest of scientists could enter it. A team of six tiny women were assembled from all over the world to carry out the work. It resulted in 'one of the largest hominin finds in history', made up of more than 1 700 fossil specimens representing at least 15 individuals.

We did no more than visit the excellent information centre in a turf-covered building that provides the visitor with a journey of self-discovery about what it means to be human. After having lunch at the museum's restaurant, we proceeded to the Carousel Hotel in Pretoria where we spent the night; the following morning we travelled 500 km to the northern-most game reserve in South Africa. Situated on the Limpopo River, this reserve was originally set aside for archaeological investigations, but the project was halted by the Nationalist government and has only recently been resumed. This is the site of the Sacred Rock where a powerful king held court and ruled over a civilisation that mined and smelted gold, copper and iron, and traded with Arabian dhows that plied between India and Sofala on the Mozambique coast. This was the kingdom of Mapungubwe. Our visit to the rock, including a climb, was strenuous and not for the faint-hearted!

Replicas of the gold, beads, ornaments and other artefacts recovered from the site are displayed in a magnificent museum near the entrance to the reserve; unfortunately the time allowed for our visit was insufficient to do justice to the history of the place. I really recommend that anyone who intends to visit the area should set aside an hour to watch the BBC video of the history and the mismanagement of the Sacred Rock and its surrounds. In fact, I would recommend the viewing to any 'thinking' South African. Internet link:

<https://www.youtube.com/watch?v=szcuw-l2-WI> or Google: youtube mapungubwe timeline

SANPARKS' accommodation at Mapungubwe was good as was the game that wanders freely among the bungalows. A stroll along a board-walk offers views of 'the great, grey, green, greasy Limpopo', as well as an observation deck that overlooks its confluence with the Sashe River and thus provides a view of three countries: Zimbabwe, Botswana and South Africa. On our final afternoon we had a game drive followed by an alfresco dinner in the twilight on the banks of the Limpopo.

At 07h00 the next morning we headed for OR Tambo Airport, Johannesburg. We had enjoyed many differing activities in only five days!

Doug Gardner (084 419 0027; doug@ddinfo.co.za) arranged this trip and hopes to arrange another before the end of this year, depending on accommodation availability.

DERICK RULE'S TOURS

Derick Rule's Kruger Park tour in May was very successful: seven different U3As were represented. So far, in 2018, 150 people have enjoyed the three tours offered by Derick; by year-end it will be 300 people. The next two tours are to see the flowers on the West Coast. These are fully booked with cancellations lists. The last tour in October is to Mossel Bay / Oudsthoorn.

Over seven years of Derick's leadership, 2 100 people have been on his tours.

BOOKING FOR TOURS

To book tours, kindly call me or email me on the following:

Telephone number: 021 532 0374; Cell phone number: 082 457 2965; email address:

mwemrule@iafrica.com

Derick Rule

DERICK RULE'S U3A TOUR TO SWELLENDAM / MOSSEL BAY / OUDTSHOORN

On April 16th an enthusiastic group of U3A members from all corners of the Peninsula gathered at the Pinelands Town Hall and boarded the coach for the tour. First stop on the tour was Helderberg Village to pick up the guests from Somerset West. Thanks to the endeavours of Allison Rutowitz, guests were able to park their cars safely inside Helderberg Village for the duration of the tour. Next stop was a lunch at the well-known La Belle Alliance in Swellendam, in a beautiful garden on the banks of a small stream. The main building is an old Freemasons' venue, and still has all the insignia and regalia of the society inside the building. A stop at the Aloe venue in Albertinia afforded guests the opportunity to test and purchase some aloe-based products and to enjoy a welcome cup of coffee. The coach arrived at Eight Bells Mountain Inn for a three-night stay; travellers were welcomed by the Inn staff who took the luggage to the guest's' respective rooms. That evening guests gathered in the diningroom for drinks and dinner.

After breakfast on day two, the coach departed for Oudtshoorn, with a drive into the spectacular Meiringspoort Gorge, stopping at the waterfall where the fitter of the guests walked up to the falls. The tour then proceeded to Highgate Ostrich Farm, where guests were entertained to an interesting and educational tour of the farm, followed by a lunch of ostrich and other tasty treats. After lunch guests were treated to a visit to the Cango Caves and finally arrived back at the Inn, exhausted but happy and ready for dinner and early to bed.

After breakfast on day three, guests boarded the coach for the scenic mountain drive to Mossel Bay for a visit to the Bartholomew Diaz Museum with its replica of the ship which had brought the early Portuguese explorers to the Cape. The old Post Office Tree, which still exists, is in the garden of the museum. Lunch on this day was enjoyed on the Mossel Bay harbour at Kaai 4, and was el fresco barbecued fish and a lamb stew. Much merriment was the order of the day. Once again, everyone retired to bed soon after dinner.

After breakfast on day four, the coach departed for the journey back to Cape Town, this time via the scenic Route 62. A stop at the famous wineries in Calitzdorp afforded the guests an opportunity to taste and buy wine. Next stop was the well-known Ronnie's (Sex) Shop for lunch, where guests enjoyed a delicious lunch of fried chicken and salads, prepared by Ronnie's daughter, Tryna. After driving through some of the Cape's most majestic scenery, including the spectacular Tradouw Pass, the coach arrived at Helderberg Village to drop off the Somerset West guests, finally arriving back at Pinelands Town Hall in the late afternoon. I subsequently received many emails of appreciation from guests who were on the tour, and I thank them for their warm friendship.

EMAIL AND APPEAL FROM JACKI LANGE (ATHLONE BRANCH)

Please find attached information on the workshop for the 7th August. It will be at the Belthorn Hall and will run from 11h00 to 14h00. Food will be provided.

I would really like to have members from Cape Town and other U3As participate, as I feel that the interaction of a diverse group of people with young people from the Cape Flats will go a long way in nation-building. It's in line with the call Cheryl Carolus made for older people to mentor and get involved in the lives of young people: a 'thuma mina' opportunity. I am sure I can get Athlone people to come but I am looking for probably another 15 from outside Athlone. We have committed to get 50 people to attend. It could be fun as RLabs is known for good facilitation.

I want to assure you that there is NO presumption of the people attending to provide work opportunities to the young people.

The information letter is as follows:

Intergenerational Dialogue

Project Partners: MasterCard Foundation, Momi Africa & RLabs

RLabs, in partnership with the MasterCard Foundation and Momi Africa, is hosting a series of Intergenerational Dialogues between youth and seniors to create open spaces for interaction between these groups.

Youth and seniors could communicate for growth, and entrepreneurial and innovative solutions to issues that seniors face, that could bring about economically sustainable opportunities for youth.

Goal:

To empower intergenerational partnership through entrepreneurial activities to drive youth economic opportunities in Nigeria and South Africa.

Brief description:

Although there is a lot of outcry about youth unemployment, a wide field of solutions exists in the opportunities presented by an equally needful ageing population of seniors and underserved communities in Nigeria and South Africa that have been left untapped and underutilised. This project seeks to fill that huge space of untapped market and knowledge, and to enlist and engage youth and seniors in mutually beneficial entrepreneurial partnerships requiring varied skills to meet their mutual and communal needs. Youth participating in the program will develop business-related skills such as business planning, customer service and operations, among others, through providing services to seniors and their communities. The motivation for services will include support from the participating seniors, communities and professionals in the entrepreneurship field.

Project Summary:

This collaboration seeks to strengthen and bring to scale two exemplary and identical system-changing programs of Momi Africa and RLabs premised on youth entrepreneurship with a difference, impacting on seniors and communities for inclusive impact and greater social good. The two programmes are the Youth Enterprise in Service to Seniors and Society (YESS) Program of Momi Africa, and the Zlto Program of RLabs, both of which share the fundamental principle of social entrepreneurship for social responsibility in the framework of intergenerational partnership as the bedrock of cohesion and sustainable economic growth in communities and society as a whole.

We would like to extend an invitation to you and the U3A to be a part of our 2nd Intergenerational Dialogue, set to take place on Tuesday 7 August 2018.

For more information regarding this project, please feel free to contact me directly.

Adrienne Fredericks adrienne@rlabs.org | +27 74 637 0976